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HOUSEKEEPERS' CHAT

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Wednesday, February 7, 1934.

(FOR BROADCAST USE ONLY)

Subject: "Hot Sandwiches for Winter Meals." Information from the Bureau of Home Economics, U.S.D.A.

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According to tradition, the first sandwich was a cold sandwich -- a piece of roast beef between two slices of bread. The first sandwich was a practical invention, a meal arranged for convenience in carrying and eating. I'm sure you've often heard the story of its inventor, the Earl of Sandwich. One story goes that he invented this means of putting his bread and meat together in a handy form to carry out hunting and eat in the fields. Another rumor has it that the earl was a great card player and didn't like to be disturbed at meal time. So he arranged to have his dinner served so that he could eat it with one hand and not take his eyes or his mind off the cards.

Well, ever since the old Earl's day, the sandwich has branched out. You might say it had branched and bloomed far and wide. We've expanded the original idea until there are literally thousands of different kinds of sandwiches made with different fillings and different kinds of bread. I really don't know how the modern world would get on if the earl hadn't made his discovery. But even with all its wide use and popularity, lots of us miss some of the best sandwich possibilities

We usually think of a sandwich as something cold to eat at a picnic, to carry in a lunch pail, to pick up quickly at a counter, or to nibble at afternoon teas. But we neglect that sturdy, all-in-one dinner or lunch dish -- the hot sandwich. At this time of year, a hearty hot sandwich makes a welcome addition to the family bill of fare. And some of these hot sandwiches are almost one-dish meals -- meat, gravy, vegetables and bread, all in one.

One big problem in many a woman's life is discovering meals that suit her man. Here's where the hot sandwich makes one of its big successes. Inexpensive and easy to make with such an appeal for the menfolks. Many a little wayside lunchroom with a masculine clientele has made a fortune on hot hamburger sandwiches. So there's a tip for the wise and thrifty wife. When you are struggling to think up something new for dinner or luncheon, remember the popular hamburger sandwich. Get the butcher to give you some round steak or other lean inexpensive cuts of beef. Chop these in your meat grinder along with a little salt pork or bacon. Mold the meat in round flat patties. Then broil or pan-broil these patties. Season them with catsup and put them between the halves of a hot toasted picnic roll, the round flat kind. If your husband likes onion, put the hamburger ball on onion rings and then into the roll. Hot hamburger sandwiches are hearty combinations that you can make, either over the picnic fire or on your own kitchen range. You can even make them over a little electric grill. Cook the meat in a piping hot pan. Then toast the roll. Then combine the two.

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Another hot sandwich that men like and that you can prepare either indoors or out is a hot weiner sandwich with chopped relish. Broil the weiners over an open fire or in the broiler of your stove. Then put them in a hot buttered roll with a bit of chopped relish or mustard for seasoning.

Did I hear somebody mention egg sandwiches? Well, that's another good suggestion. Many possibilities for egg sandwiches, both hot and cold. There's the scrambled-egg sandwich -- well-seasoned, hot, scrambled eggs between buttered toast. Then, there's the fried-egg sandwich, another favorite with the stronger sex -- a hot fried egg between bread or toast or in a roll. Serve with a green sour pickle or a slice of tomato.

The hot Spanish sandwich is hot in more ways than one. It's hot with seasoning and it's served hot on a hot platter with hot tomato sauce.

I'd like to give you the recipe for this sandwich, because it's a fine example of an all-around dish, a meal-in-one dish featuring vegetables. You get your pencils while I just mention one or two other hot appetizing sandwiches, suitable for February menus. Then I'll give you the recipe for this hot Spanish sandwich.

Did you ever have a hot roast-beef sandwich? Well, you make this with toasted or plain bread and slices of roast beef. Serve on hot plates with hot gravy poured over the sandwiches. Garnish with a bit of parsley and a pickle. You can make hot roast-chicken sandwiches or hot turkey sandwiches in the same way.

If you like French toast at your house, you might try a French toast sandwich. Make a sandwich of bread and cheese or minced meat. Then dip the whole sandwich in beaten egg and milk and fry it in your skillet until golden brown on each side.

Now then. Are you ready with your pencil? Well, this recipe for Spanish sandwich, large enough to serve five people, calls for ten ingredients. I'll list them:

2 tablespoons of chopped onion,	1 tablespoon of flour,
2 tablespoons of melted butter,	Salt and pepper -- chile pepper, if you
3 cups of canned tomatoes,	like it that hot,
1 green pepper chopped,	1/2 pound of sliced bacon,
1/2 cup of chopped celery,	10 slices of bread, and
	Some thin slices of soft American cheese.

That's a long list. I'll go over it again. (REPEAT)

Cook the onion for a few minutes in 1 tablespoon of the fat. Add the tomatoes, the green pepper and the celery. Simmer uncovered for 15 to 20 minutes. Blend the remaining fat with the flour. Add it to the sauce with the salt and pepper. Stir until it thickens slightly. Fry the bacon until crisp. Toast the bread on both sides until golden brown. Make sandwiches of the bread and the bacon and lay the thin slices of cheese on top. Put on hot plates and pour over the sandwiches the hot tomato sauce.

TOMORROW: "Brighten Your Corner."

